



Tools For Action

A sample of physical education initiatives in Wisconsin

Mile Markers

Contact Information

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Title of Main Contact Physical Education Teacher
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Program Information

Program Name Mile Markers
Program Category Recess ideas that complement PE class
Grade Level Elementary School (K-2)
Assessment Method No formal assessment

Program Information

Products Developed or Materials Used:

I ordered the materials from the "Fitness Finders" magazine.

Program Description:

We have painted a white line around our soccer field. At recess, students can run/walk up to four laps a day. It was instituted to help alleviate crowding at recess time and for added physical participation. 20 laps earn the students a "toe-token" to put on their shoes. They will also receive a certificate noting how many miles they have ran throughout the year.

For information on other **Physical Education Best Practices**, visit the website at:
<http://dev.dhfs.wisconsin.gov/health/physicalactivity/PEhome/> or contact Jon Hisgen at jon.hisgen@dpi.state.wi.us

For information on how your school could become a **Governor's Healthy School Award** winner, visit the website at:
<http://www.schoolhealthaward.wi.gov/> or contact Brian Weaver at brian.weaver@dpi.state.wi.us

For more information on nutrition and physical activity, visit the **Wisconsin Nutrition & Physical Activity Program's website** at:

or contact staff at: Meineam@dhfs.state.wi.us (Amy Meinen, Nutrition Coordinator)
Morgajg@dhfs.state.wi.us (Jon Morgan, Physical Activity Coordinator)
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